

A session for Gampa's
Mega *IMPACT* ~ 2025
“Your Destiny is in your own Hands”

**“You are the
creator of your
own destiny.”**

**- Swami
Vivekananda**



Prof. V. Viswanadham
www.viswam.info

This Quote ~ emphasizes the importance of
Personal Responsibility,
Self-determination,
and the Role of Individual Action
in shaping one's life

**what is the difference
between an animal &
a human being ?**

***Improve
your
concentration skills***

LISTEN ATTENTIVELY

Learn to Live in the PRESENT

READ REFLECTIVELY

Learn to absorb and internalize

WRITE FLUENTLY

Learn to write with force and ease

THINK CONSTRUCTIVELY

Learn to Think creatively

SPEAK EFFECTIVELY

Learn to Speak purposefully

Study seriously

Learn to Study
mindfully

CONCENTRATION IMPROVES MEMORY

with better memory you achieve more

LSRW

+

T

**Listening,
Speaking,
Reading and
Writing**

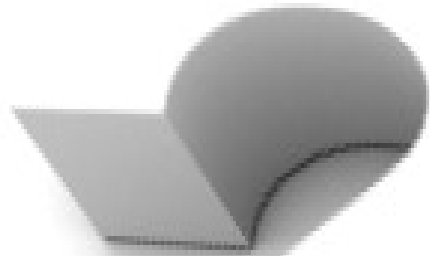
Thinking



**We
are
our
Thoughts**

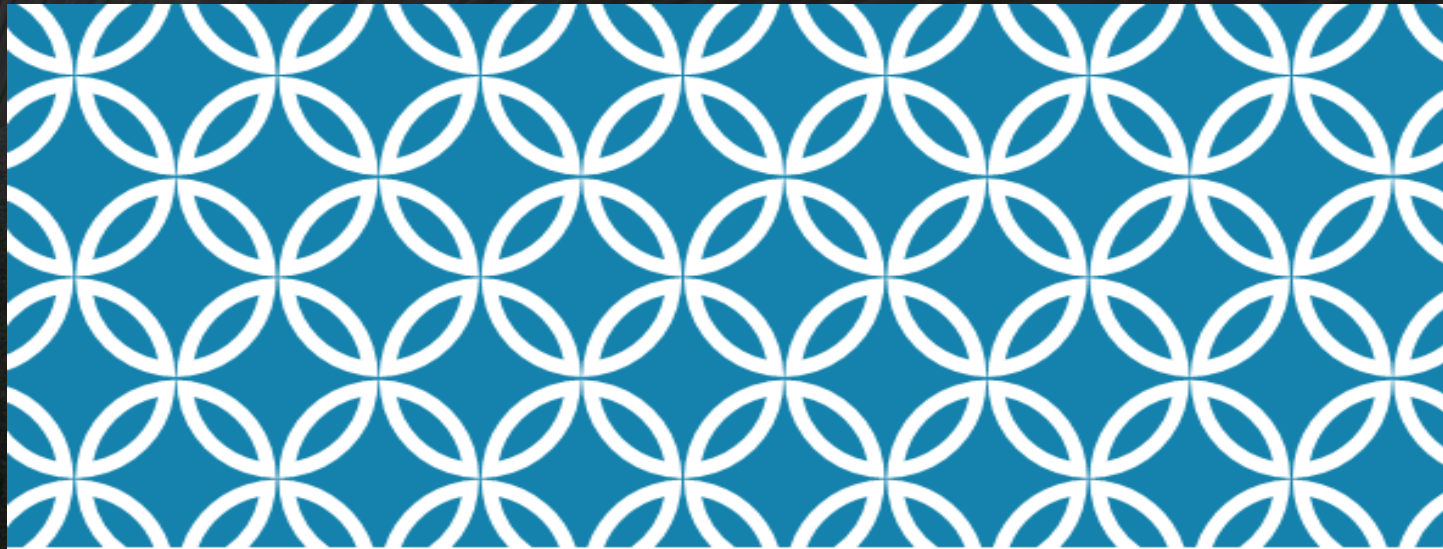


What are the
SOURCES
of our Thoughts ?



**Mutual influence
of
LSRW
on Thinking
and that of
Thinking
on LSRW.**

**Fully appreciate the
interconnectedness
of these basic elements**



Swarapetika ~ Buddhi Kushalatha

- 1. L S R W + T***
- 2. Mind and Heart***
- 3. Internal and External***





- 4. Mind + Ear Coordination***
- 5. Mind + Eye Coordination***
- 6. Mind + Nose Coordination***
- 7. Mind + Mouth Coordination***
- 8. Mind + Hand Coordination***





Everything
IMPACTS
Everything



READ

READ

READ

***At least,
Book Summaries,
Quotes, etc.***

WRITE

WRITE

WRITE

***At least,
10 Lines, every day,
in Both English and Telugu
based on what you have read***

SPEAK

SPEAK

SPEAK

***At least,
10 Minutes, every day,
in both English and Telugu
based on what you have read***

LISTEN

LISTEN

LISTEN

***At least,
10 Minutes, every day,
in both English and Telugu
on various Subjects***

THINK

THINK

THINK

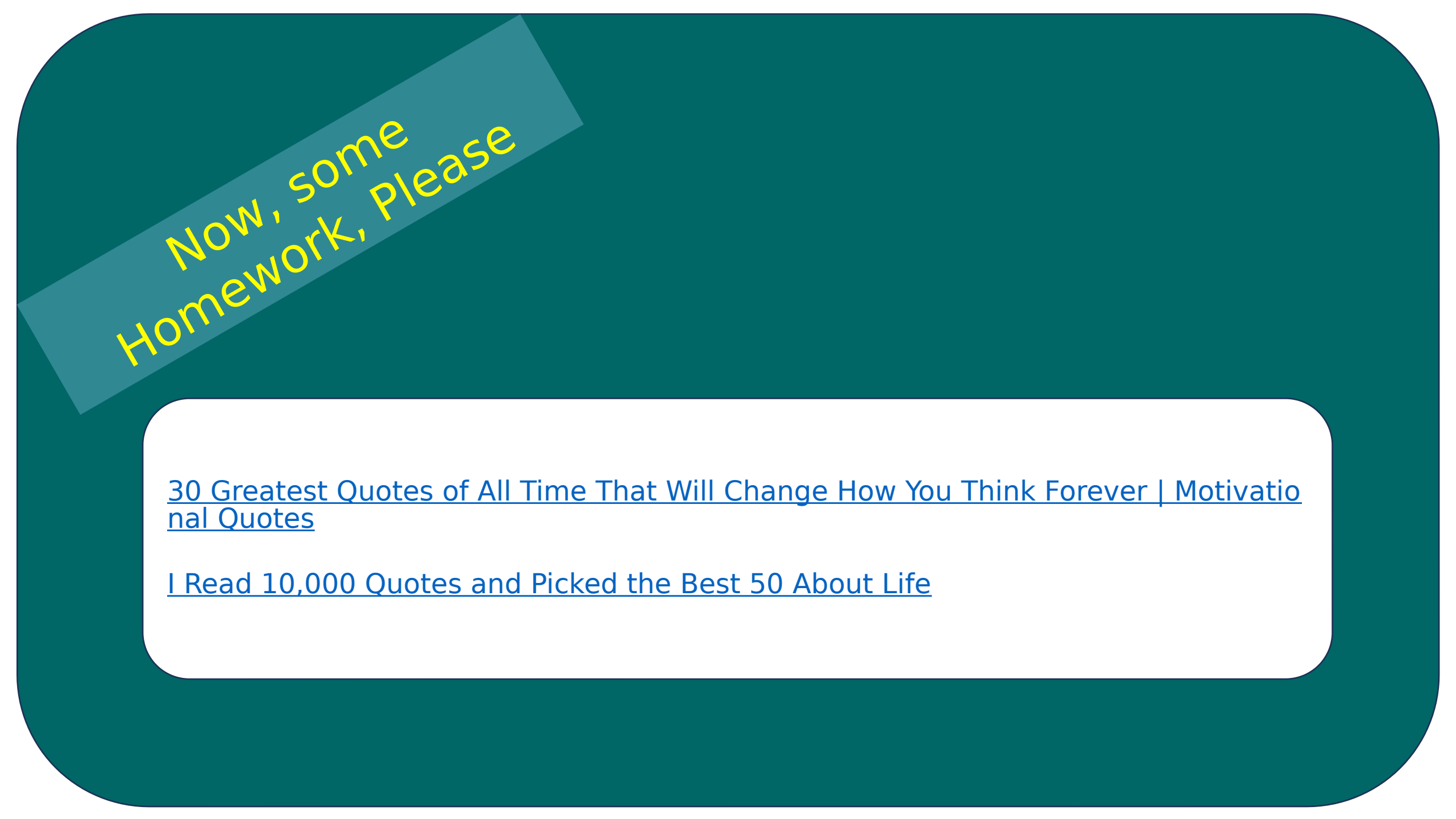
***At least,
10 Minutes, every day,
in both English and Telugu
on various types of Thinking***

ACT

ACT

ACT

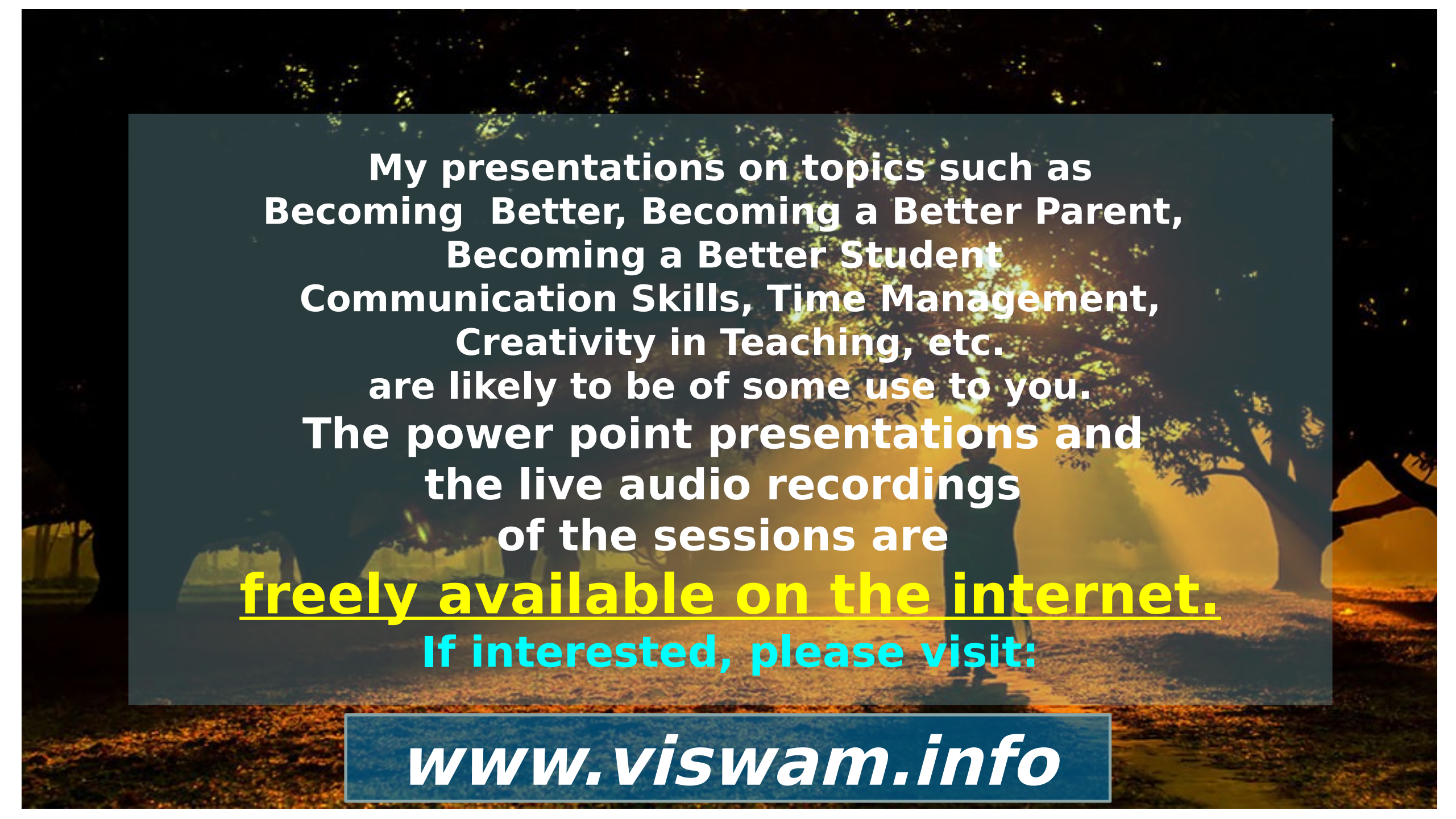
***Act on each one of the
required Skills
10 Minutes, every day***



Now, some
Homework, Please

[30 Greatest Quotes of All Time That Will Change How You Think Forever | Motivational Quotes](#)

[I Read 10,000 Quotes and Picked the Best 50 About Life](#)

A person is standing in a sunlit forest, looking towards a large, leafy tree. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The ground is covered with fallen leaves, and the overall atmosphere is peaceful and contemplative.

**My presentations on topics such as
Becoming Better, Becoming a Better Parent,
Becoming a Better Student
Communication Skills, Time Management,
Creativity in Teaching, etc.
are likely to be of some use to you.
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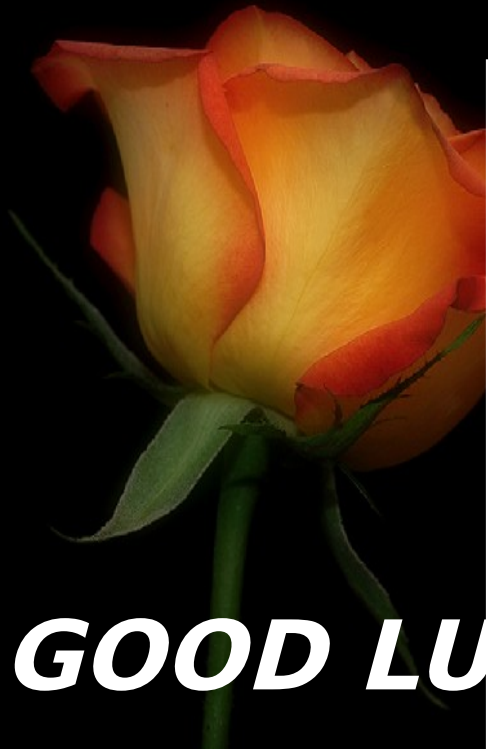
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Deshamunu
Preminchumanna
Manchiannadi
Penchumanna
Vottimatalu
Kattipettoy
Gattimel
Talapettavoy



Love your Motherland
Do your bit to increase the Good
Stop the habit of merely talking
Contemplate on doing real Good





GOOD LUCK



THANK YOU !

manna

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Prof. V. Viswanadham

thank you

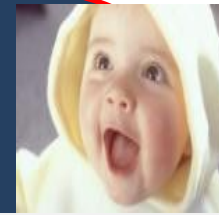
viswam.vangapally@gmail.com

Cell: 9493 101 328

For the sake of record

WWW.viswam.info

As on 17th Oct. 2025



Prof. V. Viswanadham has uploaded live audio recordings of **2,210 +** of his speeches to www.archive.org.

'Communication Skills' [www.archive.org/details/CommunicationSkills]

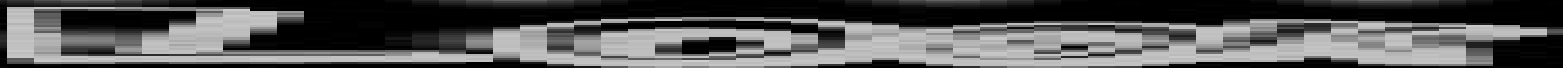
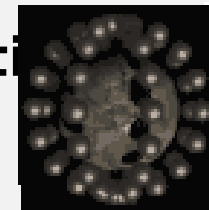
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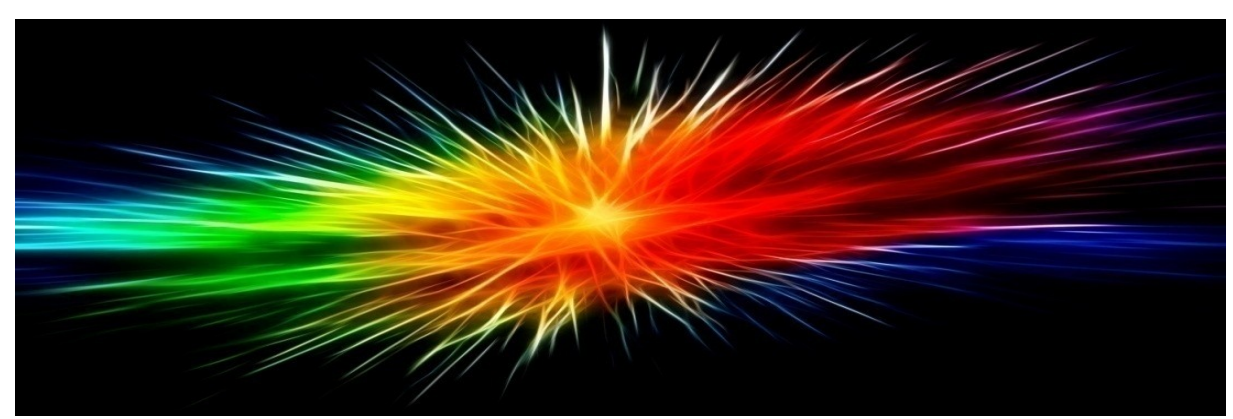


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**Have a
happy day!**

Thank you once again



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